

DIGITAL PARENTING

27 April 2015

East Sheen Primary

TOP TIPS FOR PARENTS

- Set parental controls
- E.g. Family Safety Centre (Windows 8)
 - Individual user accounts allow you to monitor children's on-line activity (not the same as spying – they would only delete their history if it was inappropriate).
 - Can create a white list of sites for children and only the children can visit these sites.

Evaluate any new site, game or craze that your children become interested in:

- Does it involve the use of a webcam?
- Does it involve personal messaging, sharing photos and videos etc...
- Does it involve on-line chat?
- Does it involve “friending”?
- What are the privacy settings?
- What are the sign-up procedures? Is there an age-restriction?
- What are the terms and conditions? What are the reporting procedures?
- What is the cost? Is this through card, phone number or push notifications?
- Is there a mobile app?

Be careful not to oversharing pictures and videos of your children:

- Are your privacy settings high enough to protect your children?
- Do you have too many facebook friends? Are you personal friends with each of them?
- Is you geo-location enabled and could someone find you or your children based on your on-line profile?
- Are the pictures or videos of your children that you post on-line likely to be a source of embarrassment to them in the future?

Use age-appropriate games to teach children about working and interacting on-line:

- Club Penguin
- Minecraft (beware of videos)
- Moshi Monsters
- Subway surfer
- A variety of educational apps (IXL...)
- Play offline (via apps) if possible

TOP TIPS FOR CHILDREN

- Only use a webcam when your parents are present (webcam feeds can be recorded).
- Ensure the webcam is turned off after use.
- Never enable photo or geo location.
- If you have a social networking profile, ensure the age-setting is as low as possible.
- Always play games via an app (off-line) instead of a website whenever possible.
- On-line friends must be people you know personally. Always remember that people are not necessarily who they say they are.
- Never give out personal information on-line (address, age, school etc...)
- Know the reporting procedures in any on-line game, social networking or instant messaging site.
- Ensure that your parents know which sites you visit and which games you play – they are there to help you and protect you.
- Invest considerably more time in face-to-face interaction than in on-line interaction.
- If you are concerned about someone's on-line behaviour or mobile phone behaviour speak to your parents or teachers.
- Never delete any evidence (e-mails, texts, photos etc...)
- If you wouldn't show it to your mum or your gran, you shouldn't post it on-line. There are implications that last for a long time!
- Always remember that once something is posted on-line it is very difficult to get it removed. Posting photos of yourself or your friends on-line is a potentially dangerous thing to do.
- Know the CEOP reporting procedures. Save this as a favourite on your computers/tablets. CEOP will investigate each case! Once you have contacted CEOP be sure not to contact the suspect yourself.

WHAT SHOULD YOU DO NOW?

Talk to your child, get involved in his/her digital life:

- what do you like to do online / on the phone?
- tell me about the sites you visit
- show me how you stay safe online
- how many "Facebook" friends do you have? Do you know them all in real life?
- where would you go for help or advice?
- are you worried about someone else's online activity?
- Have you seen anything online that upset you?
- what would you like us to do to help you stay safe online?
- what have you been learning at School?

Take action:

- set up filters (ISP/router, mobile service, product)
- agree time limits
- set rules and boundaries at home, e.g.
 - age restrictions
 - no phones at the dinner table
 - no phones in the bedroom